'YOU KNOW YOU'RE A STONER WHEN ...'
MILEY DROPS HINT AT BIRTHDAY BASH {page 12}

CHILD'S PLAY
DO 'EDUCATIONAL' TOYS REALLY EDUCATE?
{page 13}

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LONDON metro®
Monday, November 28, 2011
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News worth sharing.

Grey Cup. Champions

▶ Travis Lulay hoists the Grey Cup after the B.C. Lions beat the Winnipeg Blue Bombers to win the 99th Grey Cup last night at BC Place in Vancouver.

JEFF VINNICK/GETTY IMAGES

Lulay leads Lions to historic victory

Game MVP Travis Lulay threw two second-half touchdown passes to lead B.C. to a 34-23 Grey Cup win over the Winnipeg Blue Bombers last night in Vancouver. The victory capped a stunning turnaround for the Lions, who became the first team in CFL history to win the cup after losing its first five regular-season games. More coverage, page 17 and online at metronews.ca/london/sports.

Fit to be Tagg-ed

London reality show promotes local businesses through social media

MIKE ARSENAULT
LONDON@METRONEWS.CA

Chris Bassoo wanted local businesses to capitalize on the built-in marketing advantages of Facebook.

So the 39-year-old Londoner created TaggTV. The program uses YouTube to showcase London companies, and "tags" customers and employees appearing in the videos. "We tag each individual through social media — through Facebook," Bassoo said. "What drives our viewership is that all the people who are tagged in the videos have the video viewed by their friends."

It's the desire to know what your Facebook friends are up to that drives people to TaggTv.com.

"We're all curious about what our friends and family are doing, and when people are tagged, their friends think, 'What's Bob doing on a reality show?' So they click the video to find out."

"TaggTV gives you the opportunity to showcase the look, the feel, the sizzle of your business." CHRIS BASSOO

Bassoo and his team launched a promo video on Nov. 3 and since then have been filming footage at everything from vet clinics to restaurants. Eventually they hope to have enough film on hand to launch a new video every day.

The segments are more than just a rundown of services offered. TaggTV weaves a story and creativity into each episode.

"We do a walkthrough of each business, and we build a storyline," Bassoo said. "We make it fun."

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1 news

The UN's climate-change conference begins today in Durban, South Africa, and the stakes couldn't be higher. Scan the code for the story.

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On the web at metronews.ca

Canadian banks' earnings and new data on the U.S. economy will be top-of-mind for investors this week. Video at metronews.ca.

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White Christmas. The musical

▶ The cast of White Christmas: The Musical took time out of their rehearsal schedule to perform yesterday for residents of the Waverly Retirement Residence. They sang Irving Berlin classics, including White Christmas, Snow and Happy Holidays. The musical, based on the classic film, will be on the Palace Theatre stage Dec. 9-17. Tickets are available by calling the Palace at 519-432-1029.

MIKE ARSENAULT/FOR METRO

Musical cast performs Christmas classics at retirement residence

School boundary concerns parents

About 300 Eagle Heights Public School students could be relocated to other schools by 2013 Parents say Thames Valley school board is moving too fast

MIKE ARSENAULT
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Some parents at Eagle Heights Public School are worried that the school board is poised to redraw the school's boundaries in what they consider a rushed decision.

"The speed at which this process has been brought to our attention (is worrisome)," said Ruth Luttmer, whose seven-year-old daughter is an Eagle Heights student. "It was just discussed with the parents at the beginning of November with the decision to be made by the board on Dec. 22."

Luttmer doesn't think parents are being given enough time to fully digest the idea and understand the possible impact.

"We would have hoped this information would have come to us in September," she said. "It would have given our school community time to come together and discuss options."

Parents acknowledge that Eagle Heights, which is on Oxford Street across from Cherryhill Village Mall, is overcrowded and many students have been forced into portable classrooms in recent years.

But Luttmer and others think jockeying with the school's boundaries is only a temporary fix to a long-term problem.

The school has nearly 650 students right now, officials said last week.

Thanks to continued development in the area, "we have projected numbers that our school will continue to remain around 500 or 600 students" even if boundaries are changed, Luttmer said.

"We'd ask the board to consider making renovations at Eagle Heights, especially since we do have the space to build," she said.

Parents will receive a survey about the issue Thursday. Responses must be received within five days.

Meet, discuss

▶ A community meeting to discuss the boundary review affecting Eagle Heights Public School is scheduled for 6:30 p.m. tonight at the school, 284 Oxford St.

Trustees Joyce Bennett and Terry Roberts, who represent the west portion of the city on the school board, did not return phone messages yesterday.

Police probe weekend stabbings

One man is facing charges and police are looking for suspects after two weekend stabbings. Kenneth Caza, 29, of London was arrested in connection with the first incident Friday night during an argument at 974 Dame Street. A second man is still being sought. No one has been arrested in the other incident, reported about 12:50 a.m. Saturday during a party. The victims' injuries were not life-threatening, police said. METRO

Expensive couch fire

Firefighters reported $20,000 worth of damage from a fire yesterday at 490 Third St. A couch was engulfed in flames on the patio when police and firefighters arrived about 2:30 a.m. METRO

Meeting to focus on Islamophobia

London police will host an event from 6 to 9 p.m. tomorrow to discuss strategies for preventing hate toward members of the Islamic community.

A panel of experts will provide insight into the issue followed by a question-and-answer session.

The event will be at police headquarters, 601 Dundas St. Seating will be limited. METRO

City's first eco-fair gets high marks

Hundreds of people attended eco-friendly Sage Fair at Western Fair District over the weekend

MIKE ARSENAULT
LONDON@METRONEWS.CA

Organizers of the Sage Fair might have just proven that London is ready to make a name for itself in the eco-friendly world. Several of the hundreds of people who participated in the three-day fair said the event could serve as a sort of coming-out party for the Forest City.

"London is becoming very much aware of ecology and becoming more green," said Gayle Gage, owner of Essential Therapies and one of about 50 vendors. "So, this is a very good stepping stone.

"It's a great concept."

Organizers were pleased with the turnout. They pulled the fair together as a way to help people hone in on mind, body and spirit while exploring what the city's green businesses have to offer.

Aside from vendors, the Sage Fair — which has a second showing planned next spring in Toronto — featured a variety of health-minded workshops, including yoga sessions.

"We've (gotten) an amazing reception. The people who are coming through are loving it," event co-founder Valerie Nicholson said. "The vendors are happy and energized."

Nicholson expects the event will return to London in 2012.

"People want to conduct their lives in a way that is more gentle on the Earth," she said. "I think people are ready to see all of the amazing products that are available in their local community that are made in an eco-friendly manner."

Most vendors seemed keen on a second showing.

"Absolutely, I'd come back (next year)," Gage said. "We need more of this."

MIKE ARSENAULT/FOR METRO

▶ People take part in a yoga workshop led by Moksha Yoga London during the inaugural Sage Fair yesterday at the Western Fair District.

Councillors to mull steeper parking fines

ANGELA MULLINS
@METRONEWS.CA

The cost of parking tickets could increase if city councillors lend support to a staff recommendation.

Members of the built and natural environment committee will hear a proposal tonight that would increase fines for 81 parking offences early next year. Under the recommended action, fines would increase $5 for most violations, including expired meters. Right now, letting your meter expire costs $20.

The staff proposal recommends increasing fines by more than $5 for 16 offences.

The largest increase would be an extra $50 — to $80 from $30 — for parking within two metres of a fire hydrant. Most proposals that surpass the $5 threshold ring in at a $25 increase, including unauthorized parking in a space reserved for people with disabilities.

The new cost for that would be $325.

City staff also explored the idea of increasing most fines by $10 and leaving the fine for expired meters unchanged.

That proposal, expected to result in a nearly 8 per cent reduction in the number of tickets issued because of driver compliance, is not recommended in a report to the committee.

London's parking fines are, for the most part, below those in other Ontario cities, according to the staff report.

With the exception of expired meter tickets, fines for infractions haven't been changed since 1995.

Anything approved tonight will have to get the OK from full council to be considered final action.

ANGELA MULLINS/METRO

▶ A parking enforcement officer prepares to place a ticket on a car's windshield last month along Talbot Street.

Knights come out on top

The London Knights beat the Brampton Battalion 2-1 on the road yesterday afternoon.

Brampton outshot the Knights 35-15 with London's Max Domi and Seth Griffith managing two points on goal.

Michael Houser stopped 34 of 35 shots for the victory.

Overall, the Knights went 2-1 for the weekend, losing 6-2 against Barrie at the John Labatt Centre on Friday and beating the Erie Otters 7-2 on the road Saturday. METRO

For more local news visit metronews.ca/london

METRO FILE

▶ Michael Houser

McGuinty to visit London today

Premier Dalton McGuinty will be in London today to make an announcement at Digital Extremes, 250 York St.

McGuinty will be joined by London West MPP and Energy Minister Chris Bentley.

Digital Extremes develops computer and console games. METRO

Study casts doubt on tougher sentences

More than half of convicted impaired drivers tend to reoffend despite severity of sentence, report finds

An internal report by the federal Justice Department raises doubts about the effectiveness of harsher sentences, the linchpin of the Tory government's tough-on-crime policies.

The study examined almost 3,300 people convicted of an impaired-driving offence, and found 57 per cent of them offended again at least once, within five years on average.

And the severity of the first sentence had no impact on the behaviour of repeat offenders.

"There was no evidence to suggest that the imposition of a fine or imprisonment had any effect on the likelihood of whether an offender would re-offend or not," the author concludes.

"This indicates that the severity of the sentence received did not deter offenders in this sample.

"Reconviction rates for all individuals were similar regardless of the sentence received for the initial impaired driving conviction."

The research was delivered in July this year, more than three years after the Conservative government passed a tough law that imposed harsher fines and jail sentences, including mandatory minimums, for impaired-driving convictions.

A spokeswoman for the department provided no details about why the research was ordered. But the review follows the passage in 2008 of an omnibus bill, the Tackling Violent Crime Act, which revamped penalties for drunk driving, among other tough-on-crime measures.

The minimum fine for a first impaired-driving offence was raised to $1,000 from $600, for example, and the minimum penalty for a second offence increased to 30 days in jail from 14.

The minimum for subsequent offences was hiked to 120 days from 90 days. And for summary convictions, with no jury trial, the maximum jail time shot to 18 months from six.

Recidivism report

- The Canadian Press obtained a copy of the study, Recidivism Among Impaired Drivers by Andre Solecki, under the Access to Information Act. The research covers the period from 1977 to 2006.
- The study is among dozens of internal reports on the justice system prepared each year by department researchers but never published or made public.

Conservative crime policies have come under fire from critics who claim the government ignores evidence-based research to seek political gain among Canadians who lack faith in the justice system.

A spokesman for Mothers Against Drunk Driving said the study's findings about the large number of reoffending drivers is at odds with other research, which suggests only about 30 per cent are convicted again.

THE CANADIAN PRESS

THE CANADIAN PRESS FILE

▶ RCMP constable Faz Majid removes an open bottle of beer from a motorist's car during a roadside check in Surrey, B.C.

Prince William joins rescue of cargo ship

Prince William joined a frantic search-and-rescue mission yesterday after a cargo ship sank in the Irish Sea, leaving several members of the Russian crew missing.

The second in line to the British throne, who is a Royal Air Force helicopter and known professionally as Flight Lt. William Wales, was aboard an aircraft which rescued two crew members early yesterday, after their vessel's hull cracked in gale-force winds off the coast of north Wales.

Britain's defence ministry said William had been co-pilot of the helicopter, which carried two people back to his base RAF Valley, on the Welsh island of Anglesey.

Authorities said five people remain missing after the Cook Islands-registered Swanland cargo ship, which had eight people on board and was carrying thousands of tonnes of limestone, sent a mayday call.

PAUL CHIASSON/THE CANADIAN PRESS

▶ Prince William at a training exercise in Prince Edward Island in July.

Holyhead Coastguard said one body had been recovered from the sea, but that the fate of the other crew members was not yet known.

"We know that at least some of them are wearing immersion suits and have strobe lighting with them; however sea conditions are challenging at best," said Jim Green, a coast guard spokesman.

Rescue helicopters from RAF Valley and from Dublin coast guard base in Ireland were initially sent to the scene, about 32 kilometres northwest of the Llyn peninsula in north Wales.

Helicopters from RAF Chivenor, in southwest England, and the Irish Coast Guard are continuing to search for the missing crew, along with boats from the Royal National Lifeboat Institution.

"Two RNLI lifeboats, along with four search-and-rescue helicopters and two other commercial boats, are searching for the remaining six crew," the RNLI said in a statement.

THE ASSOCIATED PRESS

Stormy seas

- Gale force winds battered the Irish Sea yesterday and the coast guard said it is believed the poor conditions could have caused the incident.

Inmate slams governor for halting execution

A condemned inmate who was scheduled to be executed next month is slamming Oregon Gov. John Kitzhaber for giving him a reprieve, saying the governor didn't have the guts to carry out the execution.

Two-time murderer Gary Haugen had voluntarily given up his legal challenges, saying he wanted to be executed.

THE ASSOCIATED PRESS

Mexican zombie walk aims for record

Almost 10,000 people dressed in rags gathered in Mexico's capital for a Zombie Walk that organizers hoped would set a world record. THE ASSOCIATED PRESS

MARCO UGARTE/THE ASSOCIATED PRESS

Body identified as man who answered online ad

A body found in a shallow grave in northeast Ohio was identified Saturday as that of a missing man whose father said answered a Craigslist ad similar to one police say was used in a deadly robbery scheme.

The Summit County Medical Examiner's Office identified the man as Timothy Kern, 47, of Massillon.

THE ASSOCIATED PRESS

Egypt 'at a crossroads'

Military ruler issues warning on eve of vote Governing council has come under intense criticism since taking over from Mubarak in February

On the eve of landmark elections, Egypt's military ruler warned yesterday of "extremely grave" consequences if the turbulent nation does not pull through its current crisis — an attempt to rally the public behind his council of generals in the face of pressure from protesters to step down immediately.

Field Marshal Hussein Tantawi urged voters to turn out for the start of parliamentary elections today despite the chaos in the streets after nine days of protests and clashes that some have dubbed a "second revolution." The vote is the first since Hosni Mubarak was ousted in February in a popular uprising and it was meant to usher in democracy after decades of dictatorship. However, it has already been marred by the new wave of demonstrations.

AMR NABIL/THE ASSOCIATED PRESS

▶ Parliamentary candidate Baheya Mohammed wears a niqab, an Islamic face veil, as she talks to voters in Cairo yesterday.

Tantawi claimed "foreign hands" were behind the latest wave of unrest. His assertions were similar to those made by Mubarak in the final days before he was ousted. Mubarak frequently warned chaos would ensue if his regime fell, presenting his authoritarian rule as the alternative of order and security. Tantawi was Mubarak's defence minister for 20 years.

"We will not allow troublemakers to meddle in the elections," he said in comments carried by the nation's official news agency. "Egypt is at a crossroads — either we succeed politically, economically and socially or the consequences will be extremely grave and we will not allow that." THE ASSOCIATED PRESS

Election woes

The political crisis casts doubt on the legitimacy of the vote and could render the parliament that emerges irrelevant.

- The Muslim Brotherhood, the largest and best organized political group in Egypt, is expected to dominate the elections along with its Islamist allies.
- However, the military has said the next parliament will have limited powers, and suggested that it will retain the right to appoint and dismiss the cabinet.
- The issue promises to put the military and the Brotherhood on a collision course. A dispute between the two could destabilize the country further, adding to economic and security woes.

COURT ORDERS RELEASE

Students detained in Cairo back in the U.S.

An American student arrested during protests in Cairo says he feared for his life after he was taken into custody by four or five people in plainclothes.

Nineteen-year-old Derrik Sweeney told The Associated Press in an interview yesterday via Skype that the evening of his arrest on Nov. 20 started peacefully in Tahrir Square, where protesters have been gathering for more than a week.

He says he and others later wandered through the streets to the Interior Ministry but fled when shots were fired.

He says four or five "plainclothes Egyptians" then offered to lead the students to safety. He says they followed but found themselves taken into custody, beaten and threatened with guns.

Sweeney and the other two students flew back to the U.S. on Saturday after a court ordered them released. THE ASSOCIATED PRESS

Manitoba girl, 4, stable after being shot

Police in Manitoba say a four-year-old girl has been shot, apparently after her five-year-old brother got ahold of a firearm.

Police say the shooting occurred on Saturday in a home in the Rural Municipality of Whitewater, south of Brandon. They say the girl was transported to hospital in Winnipeg, where she is reported to be in stable condition.

The shooting comes three weeks after a nine-year-old boy was accidentally shot and killed by his 14-year-old brother on the Sagkeeng First Nation in Manitoba. THE CANADIAN PRESS

L.A. pepper spray suspect surrenders

A woman suspected of showering Black Friday shoppers with pepper spray surrendered to authorities, but was released pending further investigation after she refused to discuss the incident, police said Saturday.

The woman, whose name was not released, is suspected of firing pepper spray into a crowd in order to clear a path to a crate of Xbox consoles that were being unwrapped late Thanksgiving night at a Walmart in the upscale Porter Ranch section of the San Fernando Valley. THE ASSOCIATED PRESS

Putin to West: No meddling

THE ASSOCIATED PRESS

▶ Putin

Prime Minister Vladimir Putin sternly warned the West not to interfere in Russia's elections, as he launched his campaign to reclaim the presidency in a speech yesterday before thousands of flag-waving supporters.

Putin stepped down in 2008 after two presidential terms, but kept his hold on power. He announced in September that he intended to return to the top job next year and was formally nominated yesterday by his United Russia party.

"All our foreign partners need to understand this: Russia is a democratic country, it's a reliable and predictable partner with which they can and must reach agreement, but on which they cannot impose anything from the outside," Putin told his audience. THE ASSOCIATED PRESS

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Church conflict locks out members

Issues over reverend's leadership leads to congregation being shut out of St. Giles' sanctuary

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

On the first Sunday of Advent, the small Ottawa congregation of St. Giles Presbyterian Church worshipped in the basement, locked out of the sanctuary by the presbytery.

"It doesn't matter where we worship, as long we worship as a community," Rev. Wayne Menard said after the service yesterday.

A group of church members signed a petition objecting to Menard's leadership and asking for his removal. As a result, the presbytery locked the doors of the sanctuary until the congregation "repents," Menard confirmed.

"The whole thing is a mess, and I don't understand why."
MURDO MURCHISON, CHURCHGOER

According to Menard, the problem is more nuanced and complex than reported in local media. He said that out of concern for the congregation, he doesn't want to speak about what led to the basement service.

People from other churches came to the service yesterday to show support for the congregation. The roughly 40 people at the service yesterday was a good turnout, Menard said.

Churchgoers who spoke after the service said they were concerned the rift would impact the future of the church.

"I think there's a real risk that people will go to other churches," said Claudia Chowaniec, as she left the church. "I think we're a family. I think we've all made mistakes."

Murdo Murchison said he was worried that the problems would harm attendance at the church, but added that having to worship in the basement didn't bother him.

"What troubles me is the closing of the church and the indefinite reasons," he said. The issues leading to the lockout have not been explained well enough, he said.

Calgary. Windstorm

▶ Debris litters the ground in downtown Calgary yesterday.

JEREMY NOLAIS/METRO

Blowing through town

Winds at nearing 150 km/h tore pieces of glass and other materials off the TD Square building in Calgary yesterday. Debris rained down from as high as 40 storeys.

Teens arrested for dousing girl with gas

Three adolescents in Saguenay, Que., have been arrested after a 12-year-old girl was doused with gasoline.

Police say that it appears one of them poured gasoline on her while the others held matches and a flaming sheet of paper.

Investigators say the youths had filled beer bottles with gasoline and were waiting for the girl and her friend at one of their homes on Friday evening.

The girl managed to escape and a parent later alerted police.

The three accused were briefly arrested and then released on a promise to appear in youth court in January.

Police say all those involved knew each other.

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Scientists barcode DNA

- May one day be able to answer, 'How many species are on the planet?'
- As library grows, so do the ways barcoding can be used, says an official

Put to use ...

- The technique has been adopted by the U.S. Food and Drug Administration as a regulatory tool and was used to identify mislabelled cheap fish being sold at American restaurants as more expensive species.
- The Canadian Food Inspection Agency is using barcodes to collaborate with its U.S. counterparts to identify seafood, pest insects and pathogenic fungi.
- Environment Canada is also using it to measure species diversity in watersheds and identify materials they've confiscated.

Scientists have discovered a range of new uses for a Canadian technology that can be used to peer into 30,000-year-old permafrost, detect phoney herbal medicines and catch invasive species before they sneak across borders.

Researchers from around the world are "fingerprinting" most of the planet's species by taking samples of their DNA and cataloguing them in a reference library. The DNA creates a so-called barcode that identifies real ingredients in food, quickly analyzes water quality and reveals how the environment has changed over millenia.

Bob Hanner, a professor at the University of Guelph where the technique was developed in 2003, said barcoding gives governments, businesses and people a reliable way of knowing what they're eating, importing and buying.

"We have a very powerful tool to identify species in processed products that you wouldn't normally be able to identify using traditional morphological techniques," he said. "It's a very exciting time."

Researchers are steadily building the library of barcodes by taking short gene sequences from samples of birds, fish, mammals, insects and other life forms at herbaria, museums and other facilities.

In 2005, there were 33,000 records covering 12,700 species in the Barcode of Life Data Systems at the University of Guelph. Now there are almost 1.4 million records banked, representing roughly 167,000 known and provisional species.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
– 23.26 (11,462.06)	– 0.23¢ (95.29¢ US)	+ 60¢ US ($96.77 US)	$3.542 (+ 8.2¢)
			Gold contracts $1,685.70 (– $10.20)

HO-IBOL/THE CANADIAN PRESS

▶ An orange clownfish in anemone is shown in this photo. Scientists have discovered a range of new uses for a Canadian technology that can be used to peer into 30,000-year-old permafrost, detect phoney herbal medicines and catch invasive species before they sneak across borders.

Former roommates, the yin and yang of Greece

In an old black-and-white photograph, one wore long hair and a rakish moustache, the other thick-rimmed glasses.

Children of pedigree, they shared a dorm at an American university. Forty years later, as political rivals at the height of the Greek crisis, George Papandreou — until recently prime minister — and Antonis Samaras symbolize the split personality of a nation with roots in left and right, chaos and greatness.

The sparring between the leaders of Greece's two main political parties is over for now. But the forces they represent will clash in elections as early as February, shaping the next chapter of a society on Europe's edge whose strife has an outsized impact on continental union, as well as the global economy.

The left-leaning Papandreou and the conservative Samaras are the yin and yang of modern Greece, heirs to historical divisions and symbols of interlocking currents of reform and tradition.

"Let's face it, power is a delirium. It's something that can make you turn on your friends," said Philip Tsiaras, who knew both men in college.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS FILE

▶ Greece's former prime minister George Papandreou, left, speaks next to conservative opposition leader Antonis Samara after their meeting in Athens on Oct. 18.

Bickering in the Greek parliament has vexed international lenders who want unity of purpose from Greece where many chafe at foreign directives and doubt the benefits of harsh bailout terms.

The coalition government, a compromise reached by the two men, must present a compelling "narrative" that convinces Greeks that their leaders are acting in their best interests, not those of their power blocs, said Louka Katseli, a former Cabinet minister in Papandreou's government.

"The simplistic view that a coalition government will solve everything is an illusion," Katseli said.

THE ASSOCIATED PRESS

Yin vs. yang

- In the 1970s, Papandreou and Samaras were not "bosom buddies," said Tsiaras. They were apart of a tight-knit expatriate group.
- Papandreou was "more American" and less politically ambitious than the straight-laced Samaras.
- Papandreou's grandfather and father were prime ministers.
- Samaras' father was a heart surgeon. He did have relatives in politics, but none at the highest levels of government.

Blogger leaks testimony in UK hacking inquiry

Britain's inquiry into media ethics says it has summoned a political blogger to testify after evidence due to be submitted by Tony Blair's ex-communications chief was leaked. The inquiry said yesterday it would call Paul Staines, who blogs under the name Guido Fawkes. His blog published a 16-page document that Blair's former press chief Alistair Campbell was due to submit as evidence. In the document, Campbell discusses fears that the cellphones of Blair's wife Cherie, or one of her friends, may have been hacked, though he has no evidence to support that fear. THE ASSOCIATED PRESS

Railroads targeted to stop nuclear waste

German police cleared a sit-in of thousands of protesters attempting to block a shipment of nuclear waste and detained 1,300 people yesterday, officials said.

Hundreds of officers started evicting protesters from the rail lines near Dannenberg, police spokesman Stefan Kuehm-Stoltz said. Those who refused to leave were detained and are being brought before judges.

Police put the number of protesters at 3,500 while protest organizers said 5,000 people had occupied the tracks that will be used to transport 11 containers of nuclear waste reprocessed in France and now on its way to a storage site near the northern town of Gorleben. Activists say the containers and the temporary storage facility are unsafe.

The train carrying the shipment entered Germany on Friday after delays in France, where activists damaged railway tracks. The shipment was expected to reach its destination late yesterday or early today. Some 20,000 German police officers are on hand to secure the cargo.

THE ASSOCIATED PRESS

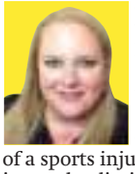
AXEL HEIMKEN/DAPD/THE ASSOCIATED PRESS

▶ Protesters on railroad tracks near Hitzacker, Germany, yesterday

DEVOTIONS TO COUNT ON

URBAN COMPASS

JILL ELLIS
METRO LONDON



Somewhere on the path to becoming a lawyer, Londoner Diana Charabin wound up in Bali — by way of Australia — and became a successful business person. She also completed her journey to legal eagle, but that didn't happen until she returned to her hometown.

As she finished her law studies in Australia, the former St. Thomas Aquinas student took up yoga as part of her recovery from a torn ACL, which was the result of a sports injury. Though it's a bit hard to believe, looking at the diminutive blonde, she played rugby as a student at UWO. The pursuit of further yoga study took her on a spontaneous side trip to Bali, where she discovered mala beads and conceived the name of her company, Tiny Devotions.

Charabin is flattered when people draw a parallel between her experiences and those of Elizabeth Gilbert — the author of Eat, Pray, Love — saying that she really enjoyed the book and that the spiritual nature of the people of Bali was inspiring to her.

"You see bunches of flowers or bowls of milk everywhere, as offerings to the gods," she explains.

> **"The Balinese people recognize the divine everywhere."**
> DIANA CHARABIN
> OF TINY DEVOTIONS

"The Balinese people recognize the divine everywhere." Charabin felt that these tiny devotions — everyday observances of the divinity that is all around us — represent her company well.

Mala beads are necklaces made of rudraksha seeds; they're prayer beads. Charabin explains that they are non-denominational and that most cultures have something similar. "Catholics have the rosary, and in Greece they use worry beads," she explains. Tiny Devotions malas are meant to help focus one's intent.

Each chain of 108 seeds, beads or bone ends with semi-precious stones associated with different goals that one may want to manifest: abundance (carnelian), fertility (rose quartz), black onyx (strength), blue turquoise (communication) and many more. There are 40 styles of necklaces and bracelets. "I get calls and emails all the time saying that the beads are magic. One girl in Switzerland who had been trying to get pregnant called me crying and thanking me. I take it as a compliment but I tell them that they (the beads) just help manifest your own intentions. It's not the mala beads; it's you. They are just a tactile reminder of your intentions."

Charabin's intent is clear: to make Tiny Devotions into a successful company — and she's succeeding. After just one year in business, it's gone from a one-person operation to contracting with four necklace makers and two assistants, allowing Charabin to run the company and move it forward.

She's launched a website — tinydevotions.com —for national and international sales, and the line has been picked up by the yoga-fied superpower lululemon's lab. In London, the mala beads can be purchased at Moksha Yoga.

This is one Londoner who is taking the world by storm, one bead at a time.

Contact Jill Ellis at londonurbancompass@metronews.ca

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Will you miss Italy's resigned leader Silvio Berlusconi?

78% NO, HIS BUNGA BUNGA STYLE DOESN'T INTEREST ME

22% YES, HE MADE POLITICS SEXY

Local tweets

- **@jer_hep:** Christmas lights in #vic-park look beautiful. #LdnOnt #XMA-Siscoming
- **@kristenfoerster:** today i decided that when i look back on my university life, i will only remember #jmbo-brays #uwo #london
- **@juliagee:** Sitting in the courtyard, listening to a room of drunk people scream Get Low on Drury or Beattie. Oh #uwo, you kill me.
- **@selenabee:** Heading back to #LdnOnt after a night of drinking with the girls topped off with 4am #cod #mw3 with the boys. #hometown.
- **@lauriswiitala:** Anyone else just clue into how little school is left before exams, and how much work is left to be done? #uwo #crunchtime
- **@bethstanley23:** Two things you regret buying at Western: a cheap umbrella and an expensive umbrella #rainrainrain #uwo
- **@armstrngdouglas:** What an awesome warm Sunday. Garage is cleaned/packed for winter and I may consider putting some festive lights up. #ldnont

Daily Zoom

Water — a young planet's lifebuoy

200 times the distance from Earth to sun — this is how far these icy vapour disks stretch out. Water can play a key part in forming new worlds since ice condenses with other materials to form the cores of gaseous planets.

TIM PYLE/SPITZER SCIENCE CENTER/CALTECH

Halo of water, celestial sight

CONSTELLATION H2O. This ring of water vapour, enough to fill several thousand Earth oceans, has given U.S. experts a clue to the origins of our planet's seas. The water around the star TW Hydrae could form into icy comets and eventually collide with young planets, bringing with it the ingredients for life. MWN

"This research tells us that the key materials that life needs are present in a system before planets are born. We can directly detect this."

PROF. TED BERGIN, UNIVERSITY OF MICHIGAN, LEAD AUTHOR OF STUDY

Is our neighbour copying us?

EVOLUTION. The TW Hydrae star, in the constellation of Hyda, is 10 million years old and our closest solar-system-to-be neighbour, being "only" 175 light years from Earth. Many young star systems could have similar disks and, therefore, the potential to develop watery planets and thus be able to host alien life. MWN

How it might work

- **Collision and formation.** Over several million years, disks could collide and form planets and cosmic bodies.
- **Balls of ice.** Dust and ice particles could merge to create icy comets.
- **Creation of new oceans.** Comets could crash onto planets to form vast seas.

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Metal's distorted roots

Documentary connects Elvis to Metallica ... to Nickelback? Premiered Friday on MuchMore

NOUSHA SALIMI/THE CANADIAN PRESS

▶ Metallica's singer James Hetfield performs on Yas Island, Abu Dhabi, United Arab Emirates last month.

The target audience for the 11-part documentary series Metal Evolution is a pretty specific head-banging demographic that's already familiar with the history of the heavy genre from AC/DC to Metallica and Zakk Wylde.

And yet the Canadian-made show has landed screen time on MuchMore, which has the likes of Katy Perry, Bruno Mars, Beyonce and Britney Spears topping its current chart of videos.

Show co-creators Sam Dunn and Scot McFadyen say it was a lot easier to sell this series (which first began airing in the U.S. on VH1 Classic) than it was to get buyers' attention with their first big project, the documentary Metal: A Headbanger's Journey.

Dunn and McFadyen say they've proven there's a sizable audience for serious programming about heavy metal and how it's affected and been affected by other music genres.

"When we told people we wanted to make a serious film about heavy metal (seven years ago) we got laughed out of a lot of boardrooms, people didn't really think it was something that could be done and actually could engage an audience," Dunn says.

"Nickelback is a band people like to bash but they are great performers and they do kind of come out of that grunge influence and build on it"

SCOT MCFADYEN, CO-CREATOR OF METAL EVOLUTION

"VH1 Classic has been really supportive of our work in the U.S. and I think they recognized that provided you can kind of tie in a lot of the classic bands, like Kiss and Aerosmith and Van Halen, and touch on some of the more recent bands, they recognize there's an audience out there."

The idea for the show, co-produced by MuchMore and VH1 Classic, was based on the reaction to a family tree of heavy metal that the filmmaking duo presented in their first documentary, charting how the music of Elvis Presley, the Beatles and Jimi Hendrix connected to the various metal subgenres of today.

"There were a lot of people we were really excited to interview, some unlikely characters for a series about heavy metal," Dunn says, giving Dick Dale, the '60s-era King of the Surf Guitar, as a prime example.

Another somewhat unlikely connection to heavy metal — which the filmmakers are expecting may cause a bit of a kerfuffle with fans of the genre — is the much-maligned best-selling rockers Nickelback.

The band is profiled during an episode about the aftermath of the grunge movement in the '90s and how the likes of Nirvana, Alice in Chains, Pearl Jam and Soundgarden influenced hard rock.

"Grunge is a good example of those musical styles where half the people you ask will say it's totally metal and the other half will say it's got nothing to do with metal," says Dunn.

"That's really the question we ask in that episode, is grunge part of the story of metal?" If it is, it's hard to dispute Nickelback isn't part of the conversation, given that the band began dominating the radiowaves in the years after grunge's demise.

"This show is about the evolution of sound and who did those grunge bands influence? Really, the next generation are bands like Nickelback, Creed and Silverchair, all these bands that came up in the late '90s that had hallmarks of the grunge sound but were creating something a little more mainstream, a little more radio-friendly," says Dunn.

It was impossible to ignore Nickelback's impact on hard rock music, McFadyen says, even if metal fans think the band is the antithesis of what they're into.

THE ASSOCIATED PRESS

Top dancer to waltz into Pentagon

Defence Secretary Leon Panetta has invited soldier-turned-actor J.R. Martinez, who just won the most recent Dancing with the Stars competition, to the Pentagon for meeting.

A Pentagon spokesman says Panetta called Martinez on Friday and told the dancing champion that he demonstrated the strength and resilience of wounded veterans.

Capt. John Kirby says Martinez — who was crowned champion of the celebrity dance competition series last Tuesday along with his partner, Karina Smirnoff — credited his military training for his performance during the competition broadcast on ABC. Kirby says details about Panetta's meeting with Martinez are being worked out.

The 28-year-old Martinez was severely burned over more than 40 per cent of his body when the Humvee he was driving for the U.S. Army struck a land mine in 2003.

THE ASSOCIATED PRESS

ADAM TAYLOR/ABC-TV/THE ASSOCIATED PRESS

▶ War veteran and actor J.R. Martinez, right, and his partner Karina Smirnoff hold their Dancing with the Stars awards.

2 scene

Box office

The latest Twilight movie has plenty of daylight left with a second-straight win at the weekend box office. The Twilight Saga: Breaking Dawn – Part 1 took in $42 million domestically over the three-day weekend and $62.3 million in the five-day U.S. Thanksgiving boom time, Wednesday to yesterday.

THE ASSOCIATED PRESS

India hooked to Tamil song that's become an Internet sensation

Your holiday soundtrack

With less than a month until Christmas you should be listening to some festives tunes — or at least buying them for other people Here's a breakdown of artists who manage to rock the yuletide classics

ALL PHTOS CONTRIBUTED

Michael Bublé, Christmas

Christmas comes early with Michael Bublé's holiday record.

It's his second seasonal release, and it seems as if he's got a knack for making cosy Christmas music.

His smooth voice perfectly covers classics like Silent Night, Have a Holly Jolly Christmas and Jingle Bells.

There's even an original song called Cold December Night.

Bublé also covers Mariah Carey's All I Want for Christmas Is You, but adds his own twist by slowing it down.

It sounds like a completely different song that is noteworthy in its own right.

Christmas is an instant classic that would go nicely in anyone's collection.

Justin Bieber, Under the Mistletoe

Parents are likely to buy Justin Bieber's Christmas album for their kids and pray that their young ones will only play it through their headphones. But Bieber's Under the Mistletoe is a thoroughly entertaining offering for all ages — sometimes even more so for the adults. He's still a teen heartthrob, but there's little childlike about this album (except for the song Someday at Christmas, which closes out the deluxe CD, where a much younger Bieber channels Michael Jackson). Bieber's voice has deepened, and the bubble gum sound has given way to a more mature, soulful sound. And on the soulful upbeat groove Fa La La, with guests Boyz II Men, he sounds almost — sexy.

She & Him, A Very She & Him Christmas

Zooey Deschanel and M. Ward, the she and him of folk rock duo She & Him, have patterned a sparse yet satisfying Christmas album that, on listen after repeated listen, brings to mind a subtly hip holiday vibe that's edgy enough to impress the most jaded Brooklynite and innocent enough to play for grandma, too. Across the 12 tracks presented on the album Deschanel and Ward glide through some of the holiday classics with low-key yet inspired gait.

The interplay between Ward and Deschanel on Silver Bells and I'll Be Home For Christmas is quick and bouncy, lending a decidedly prominent sense of mirth and merriment — always critical components of a good Christmas album.

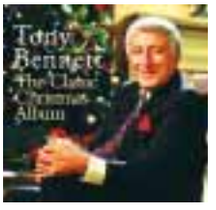
David Ian, Vintage Christmas

Jazz pianist David Ian treats the classics with a deft hand on Vintage Christmas, seamlessly melding the some traditional compositions with the perfect hint of lounge-meets-jazz phrasing.

There's a way to botch this approach, to make it too kitschy. Ian knows better and meanders from the traditional approach just enough to keep it interesting, but without too many extra instruments mucking up the arrangement.

His minimalist piano work delivers a clean approach here.

The best moments come when Ian is paired with vocals by Acacia, one half of the sister-duo group Tal & Acacia.



Tony Bennett, The Classic Christmas Album

When you've been around as long as Tony Bennett, you don't release an album of Christmas favourites, you put out a collection of the best Christmas songs recorded throughout your career.

This greatest hits album compiles holiday tunes from the 85-year-old crooner's repertoire over 40 years.

Over the years, he's recorded Christmas music with the London Symphony Orchestra and the Count Basie Band.

While these songs have all been heard before, there's an eclectic magic to listening to them in succession.

Joey + Rory, A Farmhouse Christmas

If you want to freshen up your holiday music collection, you could do much worse than this country duo. Joey is the woman and Rory is the guy always wearing overalls, even on the album cover. Yes, they're a couple like that cute plus sign in their name implies. Rory is a working songwriter when not recording with his wife and it shows in some of the lyrics. Sample from the album opener It's Christmas Time: "We'll eat too much and swear again / that come New Year we're getting in / the best shape that we've ever been / but we know we're lyin'. / So pass the pie and one more roll / and pass me that remote control / oh, lookee here, I love this show! / It's Christmas time." THE ASSOCIATED PRESS

George Michael cancels Euro tour due to illness

George Michael has postponed all his remaining 2011 tour dates as he recovers from pneumonia, the singer's publicist said Friday.

Michael was hospitalized in Vienna, Austria, earlier this week. A statement from publicist Connie Filippello said the 48-year-old former Wham! singer "is responding to treatment and slowly improving." Michael "is ill with pneumonia and any other speculation regarding his illness is unfounded and untrue," the statement said.

Two Austrian doctors treating Michael said he had "severe community acquired pneumonia," but "his condition has stabilized and he is responding to treatment." They said he needed time to regain his strength. "From the current point of view, the time until recovery cannot be estimated, but he will not be able to perform the rest of the tour," Dr. Christoph Zielinski and Dr. Thomas Staudinger said in a statement. "Besides medical treatment, complete rest, and peace and quiet are mandatory."

The singer has postponed dates in Liverpool, Sheffield, Newcastle, Glasgow, Birmingham, Manchester and London.

45 George Michael had played 45 dates on his Symphonica tour European tour before falling ill.

The statement said the concerts would be rescheduled.

THE ASSOCIATED PRESS

GETTY IMAGES

George Michael is said to be recovering from pneumonia.

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Miley Cyrus: Party in the USA, indeed

- Singer's friends get her a Bob Marley-shaped cake for her 19th birthday
- A number of dwarfs, including a mini-Nicki Minaj, attend the party

ALL PHOTOS GETTY IMAGES

▶ Miley Cyrus

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Miley Cyrus has yet another alter-ego: Let's call this one Hannah Bong-tana, shall we?

When she was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. last week, Cyrus quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed." (The Daily has the video evidence.)

"I thought salvia was your problem, man?" retorted guest Kelly Osbourne.

The Daily also reports that guests on hand for the party included her parents, Rumer Willis, and "and a number of dwarfs, including a mini-Nicki Minaj."

I'd make a joke but 1. Osbourne already did it for me. 2. A mini-Nicki Minaj? I have much too much respect for how Cyrus throws a party to poke fun.

J.Lo and beau hang in Hawaii

Jennifer Lopez opted to spend the American Thanksgiving holiday by escaping to Hawaii with Casper Smart, the 24-year-old dancer she's reportedly been dating, according to TMZ.

Smart also got the chance to meet several of Lopez's family members during the trip — and spend quality time with her three-year-old twins, Max and Emme.

"Casper was great with the kids. He was twirling them around and doing flips with Emme and she seemed very comfortable with him," a source says.

"Jennifer got a chance to sit back and relax while Casper took over and played." METRO

▶ Jennifer Lopez

▶ Lily Allen and Sam Cooper

It's a girl for Lily Allen and Sam Cooper

Lily Allen and Sam Cooper welcomed their first child, a daughter, over the weekend, according to the Daily Mail.

While not quite an official birth announcement, Allen did reference the arrival on Twitter, posting simply, "Totes amaze."

It's a particularly special occasion for Allen and Cooper, as Allen has suffered miscarriages twice in the past three years.

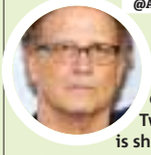
There was no announcement yet about the baby girl's name. METRO

Celebrity tweets

@BetteMidler
Is it my imagination, or is everyone talking much faster than they used to on CNN?

@russellcrowe
3 hour walk and talk with a great friend. Most of the world's problems solved. I hope you all have a spectacular day.

@goldiehawn
Don't forget to smile when you breathe. Makes all the difference


@AlbertBrooks
Working on "It's a Wonderful Tweet" A man is shown how the world would be different if he were never on Twitter.

Want to date Lady Gaga?

When it comes to finding a man, Lady Gaga is looking for an Ivy League education — among other things.

"Talent and perseverance and pushing the boundaries of love and acceptance," Gaga says of the attributes she appreciates in a prospective boyfriend, according to Hollyscoop.

"I don't know. I can't really say. It ranges from a really big [penis] to a degree at Harvard. Just about anything." METRO

Are toys good for kids?

The toy industry uses aggressive marketing to sell 'educational' toys to parents and children Will your kids learn anything from these gadgets? Or will a simple box do?

EMMA E. FOREST
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

This time of year, parents spend billions on toys and toy companies spend millions advertising their latest toys and gadgets to kids. With toy manufacturers selling so-called "educational" toys — this year top sellers include junior tablets — what's really best for kids?

"The marketplace has been doing a marvellous job of telling parents that unless you buy the right toys for your children — that is to say, the toys they manufacture — they will be stunted intellectually. It leads parents to buy toys that really aren't ideal," says Dr. Roberta Golinkoff, psychology professor at the University of Delaware and author of A Mandate for Playful Learning in Preschool and Einstein Never Used Flash Cards.

"People in my job have done a lousy job of educating the public about what matters in child development. A lot of parents are buying, for example, expensive electronic toys that have really questionable benefits."

Research shows that kids learn from play, not toys. Parents should be wary of toys marketed as educational — in fact shockingly few toys of any type are developed in consultation with child psychologists.

"Everything is educational, but what are kids actually learning?" says Dr. Susan Linn, psychiatrist at Harvard Medical School and director of the Campaign for a Commercial-Free Childhood.

"Children learn the most from hands-on creative play and from interacting with adults who care about them, so parents should approach toys that claim to be educational with healthy cynicism," says the academic who led CCFC's victorious campaign against Baby Einstein's unsubstantiated claims that babies learn from its DVDs.

"They should ask themselves: Is this toy encouraging my child to be creative? Does it require my child to actively do things? Can it be used in more than one way? Toys that talk, sing or dance at the push of a button are pretty useless for kids."

"The kind of toys kids need are 90 per cent kid and 10 per cent toy, not where the toy determines what you do," says Golinkoff. "That's why children are more fascinated by the box the toy comes in than the toy, because the box has a million possibilities and the toy has one."

THINKSTOCK

▶ Kids learn most from — and love — toys that let them play properly.

"Toys kids need are 90 per cent kid and 10 per cent toy, not where the toy determines what you do."
DR. ROBERTA GOLINKOFF

Children learn most from toys that offer multiple possibilities and allow kids to express their creativity including art and craft projects, puzzles and games, dress-up outfits, role-play toys and building blocks.

This holiday, place a large appliance box in the middle of your living room, suggests Golinkoff.

"Parents will be shocked by how much their children age seven or under will love that box because it frees up their imagination — it can be a boat, spaceship or house, and they can colour it, cut bits out, paste things on it. Kids love this.

"Parents feel like if they don't buy expensive toys with batteries that they're failing their children but it's the exact opposite. You want the kid to be in charge and not the toy."

THE CCFC'S 4 WORST TOYS OF 2011

The Campaign for a Commercial-Free Childhood (CCFC) presents an annual TOADY — Toys Oppressive And Destructive to Young Children — Award for the worst toy of the year in response to the toy industries' annual lists. Dr Susan Linn tells us why this year's nominees are so appalling. Cast your vote for the worst of this top four at commercialfreechildhood.org

VINCI LEARNING TABLET
$479, Age: 4 and under

- **What:** The first 'iPad' designed for babies.
- "There's no evidence that any screen media is educational for babies. This toy could train babies to depend on electronic media for stimulation or soothing and deprive them of creative play. And it's ridiculously expensive," Linn says.

I AM T-PAIN MIC
$39.99, Age: 7+

- **What:** Autotune microphone that transforms your child into a rapper.
- "This introduces and reinforces kids' attachment to a performer whose songs are horribly misogynistic. Google 'Take Your Shirt Off' – the lyrics are so inappropriate for children and this toy pushes this performer's brand on very young children."

MONOPOLY
Coca Cola 125th Anniversary Collector's Edition, $39.99, Age: 8-10

- **What:** Coca-Cola branded Monopoly game.
- "A very cynical use of a beloved board game to sell Coca Cola, when childhood obesity is a major problem."

MONSTER HIGH FEARLEADING DOLL 3-PACK
$42.99, Age: 6+

- **What:** Skinny dolls wearing provocative outfits.
- "Horrible; parents pass their values onto our kids through toys and stories we tell them. So when we give them anorexic cheerleader dolls we tell them that's what girls should look like."

3 life

Slow toys

This season UK toy wholesaler Asobi launched a 'Slow Toy' list of fun, interactive, battery-free toys in response to the UK Toy Retailers' Association's top 12 toys of 2011, which included the daft Doggie Doo: a plastic dog that poos.

New rules will make built-in child car seats conform to changed size limits. Scan code for story.

A waning in the greening?

Study shows current climate of economic uncertainty is putting a drag on eco-friendly home upgrades

BEN KNIGHT
GREEN@METRONEWS.CA

Canada is getting greener.

But the rate at which Canadian consumers are making green decisions for their homes appears to be in decline.

The 2011 Home Depot Canadian Green Home Index gives Canadians a rating of 54.7 out of 100 on a range of actions. The survey covers everything from buying efficient light bulbs and reusing shopping bags, to renovations and retrofits of the entire household. That number is down slightly — for the second year in a row.

"Through our research, we understand that Canadians don't really know where to start," says

Paul Berto, Home Depot's director of corporate communications.

"And since no one has defined what it really means to be green, we thought we'd go with our own index. It's designed to measure Canadians' attitudes and actions on how they can help improve the environment and their homes at the same time."

Berto says the current climate of economic uncertainty is putting a drag on eco-friendly home upgrades.

"About a quarter of Canadians cited economic factors as a reason why they did not green their homes more," Berto explains. "And about 22 per cent felt they'd already done all that they could to make their homes greener."

And there's certainly hesitation over big-ticket improvements.

"A lot of people are willing to turn their thermostats down, but won't spend the $2,500 to $4,000 to put in a high-efficiency furnace — just yet."

Interestingly, the survey suggests Canadians are more likely to get greener when they see their neighbours taking action.

"If your friends and family are involved in composting, building backyard gardens or using rain barrels, you yourself are more likely to pick up those habits and go along those ways."

If you haven't already gotten started, here's a quick list of simple, affordable ways to save energy — and money — in your own home:

"Get a programmable thermostat for your house." Berto recommends. "Make sure you're using low-flow toilets in your bathroom ... look at a really efficient showerhead."

For more info — homedepot.ca

ISTOCK PHOTOS

▶ You can find ways to green up your home.

HOLIDAY SALE
December 1st 5:00 - 8:00 p.m.
Mountsfield Public School
60+ Local Vendors Selling Fantastic Items
Auction of Luxury Vehicles for a Night Out
Buy Your Christmas Tree On Site
Gift Basket Raffles
Pictures with Santa
Baked Goods & Coffee
Kid's Craft Area Staffed with Babysitters
And Holiday Music and Magic in the Air!
Hosted by the Mountsfield Public School PTA

PAINTING A CLEAR PATH FOR RECYCLING

What's the best way to clean used paint brushes? And how do I get rid of old paint? ***Sandy of Halifax, NS***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

If you're using low- or no-VOC (volatile organic compound) paint, clean up is easy. Latex paints are water based, so brushes come clean with a little eco-friendly dish soap and water. Oil-based or alkyd options will require paint thinner. If you're dealing with the latter, check hardware stores for less toxic thinners that contain citrus oil-based solvents.

If you're doing a multi-day job, don't wash your brushes or rollers at the end of each day. Wrap them in a plastic bag. They'll be fine until the next day. Stopping for longer than a day? Store the sealed plastic bag in the freezer for a week or two.

Never dispose of half-used paint cans in your household garbage where they could end up contaminating soil and waterways. Donate leftovers to a local paint exchange program. Recovery depots across Canada take deck paint, primers, wood stains, oils and varnishes. Most, but not all, also accept empty paint cans.

Nova Scotians can return leftover paint to any of the province's ENVIRO-DEPOT facilities, for free. Check out ReduceYourWaste.ca/paint. Outside of Nova Scotia, see if your province belongs to ProductCare.org. They list recyclers and disposal drop-off depots for household paint and small appliances, pesticides, CFLs and more. Earth911.com also lists drop-off depots.

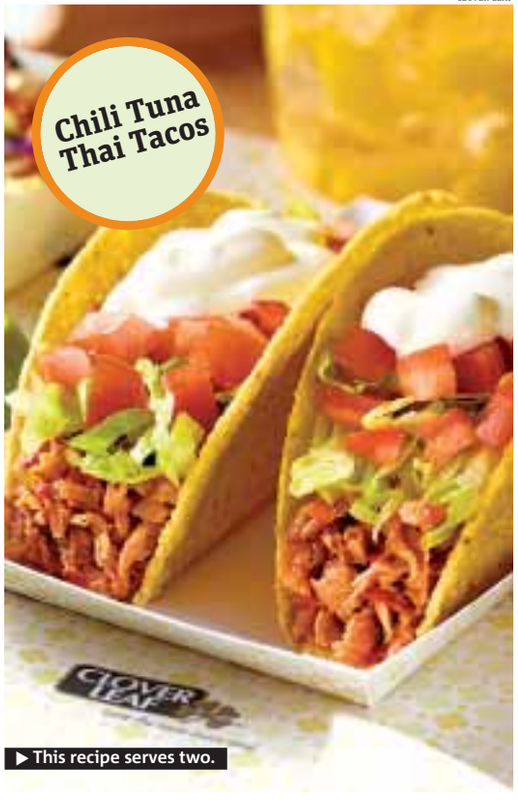
The next time you're paint shopping, ask the retailer if they take back old paints for recycling. And check store shelves for recycled paint products. Boomerang, for example, reclaims leftover paint and re-blends.

David Suzuki Foundation

Have some fun with tuna

Eating from a can is boring Making tacos is a simple, tasty solution that will change up your meal

CLOVER LEAF



This recipe serves two.

Try these easy tuna tacos for dinner or lunch. Having the flavour right in the tuna helps bring this meal together fast. Serve it up with a crunchy green salad to round out the meal.

Preparation:

1. Toast taco shells for 20 to 30 seconds in toaster oven or in a 180 C (350 F) oven for 1 minute.
2. In a small skillet, heat tuna over medium heat. Reduce heat to low and stir in half of the sour cream.
3. Divide some of the tuna mixture among each taco shell and top with lettuce, tomato and remaining sour cream. Garnish with lime wedges.

CLOVER LEAF/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 4 taco shells
- 3 cans (85 g each) flaked light tuna (spicy thai chili)
- 60 mL (1/4 cup) sour cream
- 250 mL (1 cup) shredded iceberg lettuce
- 1 tomato, diced
- 2 lime wedges

Not your average-tasting beef

Excite the whole family with Cumin-rubbed flank steak

Ingredients:

- 1 clove garlic, minced
- 2 ml (1/2 tsp) smoked paprika
- 2 ml (1/2 tsp) whole cumin seed
- Olive oil
- 750 g to 1 kg (1 1/2- to 2-lb) flank steak (about 1 cm/3/4-inch thick)
- Kosher salt

Preparation:

1. Heat a grill or grill pan to medium. In a small bowl, mix together garlic, smoked paprika and cumin seeds. Set aside.
2. Trim steak of any surface fat. Brush it lightly with olive oil, then press the seasoning rub onto both sides.
3. Just before cooking, season steak with salt. Place steak on the grill or grill pan and sear. Cook for 4 to 6 minutes. Turn steak and sear second side. Continue grilling for about 3 to 5 minutes or until cooked to desired doneness. Transfer steak to a platter and let rest for 5 to 10 minutes before carving.

THE ASSOCIATED PRESS/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS.

Drawing inspiration

In the game of life, multi-talented artist Jeff Morrison holds all the cards
Quadriplegic stays positive and uses his abilities to help other people

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

It was the last dive of the day, and as Jeff Morrison hit the water he crashed to the bottom of the pool striking his head.

He knew immediately that he couldn't move. He was a quadriplegic and Morrison's life would never be the same again.

After rehab, Morrison began working towards a business degree, but his heart wasn't in it. One day, he forced a Bic ballpoint pen into his hand and started to draw.

"That little drawing was my turning point and it ignited my life. I was still in my wheelchair but the possibilities of what I could do thrilled me."

Successful art shows around the world — including New York and Paris — followed and he developed a line of Christmas cards with the proceeds going to charity.

Now he's following another passion: music. He and partner Tim Hawkes recently recorded a CD and their new downloadable song, I Heard the Bells of Christmas, will help the Grandview Children's Center in Southern Ontario.

Jeff's optimism continues to shine through.

"Never give up. I've come this far and I'm not going to turn back now."

Giving back

Success by the numbers

- 200,000 Christmas cards over the past 16 years
- $100,000 donated to charity
- 10 designs
- 12 charities
- Download I Heard the Bells of Christmas in aid of the Grandview Children's Centre.
- Visit veryspecialcards.com

Morrison moments

- We're stronger as a group than we are on our own. We have to help each other.
- When you come to a barrier you can say, "This is the end of the line". Or you can try to find a way around it. I say, "Just find a way."
- Follow your dream. You may not make it to the top of the mountain but aim high and work hard.
- Life is good. It's a miraculous, mysterious gift.

TERESA KRUZE

▶ Jeff Morrison is an artist, philanthropist, musician and spinal cord injury survivor.

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Lions roar to Grey Cup win

B.C. holds off spirited late Winnipeg comeback to win championship at home in Vancouver

LIONS	BOMBERS
34	23

NATHAN DENETTE/THE CANADIAN PRESS

▶ Lions quarterback Travis Lulay scrambles during the second quarter of the 99th Grey Cup at B.C. Place Stadium in Vancouver last night.

They opened the season with a whimper, but Travis Lulay and the B.C. Lions ended it with a bang last night.

Grey Cup MVP Travis Lulay threw two second-half touchdown passes to lead B.C. to an exciting 34-23 Grey Cup win over the Winnipeg Blue Bombers. The victory, before an ear-splitting BC Place sellout of 54,313 in Vancouver capped a stunning turnaround for the Lions, who opened the season 0-5.

B.C. became the first team in CFL history to win the Grey Cup after losing its first five regular-season games. The Lions also became the first squad since 1994 to capture the league title at home.

B.C. was the last club to accomplish that feat, joining the '72 Hamilton Tiger-Cats and '77 Montreal Alouettes.

Lions tailback Andrew Harris, a Winnipeg native, was named top Canadian.

Lulay's 66-yard TD strike to Kierrie Johnson with seven seconds left in the third quarter put B.C. ahead 24-9. But the game's turning point came with 12:21 left to play.

Lulay tried to throw a screen pass inside the B.C. 30-yard line, but Winnipeg end Odell Willis got his hands on the ball and had a clear path to the end zone. Willis couldn't hang on, and the Lions dodged a huge bullet.

B.C. then marched downfield and capped an 82-yard drive at 8:10 of the fourth, as Lulay found Arland Bruce III on a six-yard TD strike to give B.C. a commanding 31-9 advantage.

Buck Pierce made it interesting with two TD passes for Winnipeg. He hit Greg Carr on a 45-yard touchdown strike at 11:22, then found Terrence Edwards on a 13-yard scoring pass with 1:37 remaining to make it 31-22. It was set up by Jovon Johnson's 47-yard punt return that was further aided by a B.C. facemask penalty called on kicker Paul McCallum.

Winnipeg's onside kickoff attempt didn't go the mandatory 10 yards, giving B.C. the ball with 1:36 remaining.

Winnipeg's late rally came after a stellar performance by B.C.'s defence, which had effectively shut down the Bombers' ground game and forced the East Division champions to the air. That seemed to favour the Lions, considering the Bombers had the CFL's second-worst passing attack and had to play catchup against a B.C. defence that surrendered a league-low 21.4 points per game.

It wasn't enough to prevent the extension of Winnipeg's Grey Cup drought to 22 years, their last title coming in 1990. The loss was a bitter pill to swallow for defensive tackle Doug Brown, who was appearing in his final game after 11 seasons with the Bombers.

THE CANADIAN PRESS

Bills celebration backfires

Buffalo's Stevie Johnson said he was "just having fun" when he mocked being shot in the thigh after a touchdown catch yesterday. He recognized after a 28-24 loss to Plaxico Burress and the Jets that his celebration hurt the Bills.

Actually, though, the Bills wide receiver was penalized 15 yards for another celebration following his five-yard scoring catch that put Buffalo ahead 14-7 in the second quarter. Johnson drew the flag while imitating the Jets' "flight" celebration.

"I was just having fun and part of having fun ended up being a penalty and a touchdown for the Jets," Johnson said. "It was a stupid decision by myself."

The penalty forced Buffalo to kick off from its 20-yard line. Dave Rayner, a substitute for injured kicker Rian Lindell, mis-hit the intended squib kick and it bounced off the Jets' Emmanuel Cook, who recovered at the Buffalo 36. New York scored on a 14-yard pass from Mark Sanchez to Burress with 1:03 remaining in the half to make it 14-14.

Burress, of course, served 20 months in prison for accidently shooting himself in the leg in a nightclub in 2008 while a member of the Giants.

Asked if his demonstration was meant as a personal knock at Burress, Johnson said "not at all."

"I can't be doing that," he added. "I cost my team seven points. I feel I cost our team a win."

Burress, who made a spectacular catch on the Jets' late drive for the winning touchdown, said he wasn't aware of what Johnson did.

THE ASSOCIATED PRESS

BILL KOSTROUN/THE ASSOCIATED PRESS

"I've already been through the ringer with that whole situation"

PLAXICO BURRESS ON STEVIE JOHNSON'S END ZONE CELEBRATION

4 sports

Quoted

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DWYANE WADE. WADE AND OTHER NBA STARS, INCLUDING LEBRON JAMES, HAVE CANCELLED THEIR HOMECOMING TOUR. THE FOUR-CITY TOUR WAS SUPPOSED TO OPEN IN JAMES' HOMETOWN OF AKRON, OHIO, ON DEC. 1, BUT THAT GAME AND THREE OTHERS HAVE BEEN SCRAPPED NOW THAT THE LEAGUE AND ITS PLAYERS HAVE A TENTATIVE LABOUR AGREEMENT.

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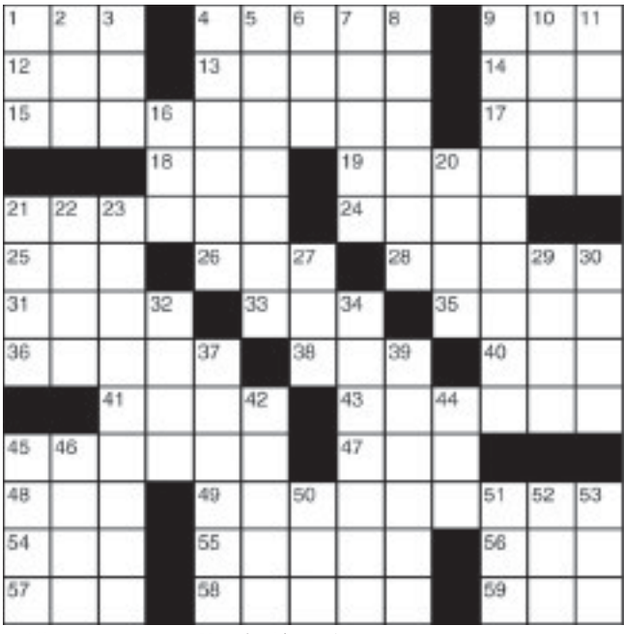
Crossword



Across
1 Cambridge sch.
4 Tweak the Constitution
9 Letterman's network
12 Fuss
13 Alamo hero with a knife named for him
14 Feedbag morsel
15 Part
17 Biz deg.
18 Commercials
19 Quartz variety
21 Baked potato's skin
24 Liniment target
25 Swelled head
26 Stitch
28 Esteem
31 Simple arithmetic
33 Sinbad's bird
35 — St. Vincent Millay
36 Come to a point
38 Bankroll
40 Charged bit
41 Brewery products
43 New Jersey airport
45 OK for dieters
47 Parisian pal
48 Boxer Muhammad
49 ENIAC and its successors
54 Life story, for short
55 Judge, at times
56 Caustic solution
57 Male offspring
58 Logic
59 Doctor's due

Done
1 Buddy
2 Altar affirmative
3 Cruise or Selleck
4 Homes
5 Dr. Frankenstein's creation
6 Female sheep
7 Martial arts mercenary
8 Remove (from)
9 Digests of a sort
10 Movie pig
11 Celebrity
16 Neighbor of Afgh.
20 Oxford, e.g.
21 Make jokes
22 Water (Sp.)
23 Chum
27 "Holy moley!"
29 — about (approximately)
30 Hierarchy level
32 Narcissist's love
34 Finger food
37 Does a double-take
39 Coy
42 Emporium
44 Humor
45 Apprehends
46 Hodgepodge
50 60 sec.
51 Sprite
52 "Catcher in the —"
53 Witness

▶ Yesterday's answer

Sudoku

1		9		8				
			3				9	
	5			9		1		
7		4	9		6	5		
	9						4	
		6	2		5	7		9
		5		3			7	
	1				2			
				6		3		8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	8	4	1	3	6	2	5	7
1	5	7	2	9	4	3	6	8
2	3	6	8	7	5	1	4	9
5	7	3	9	4	2	8	1	6
8	9	1	7	5	8	4	2	3
4	2	8	6	1	3	9	7	5
3	1	5	4	8	7	6	9	2
8	6	9	5	2	1	7	3	4
7	4	2	3	6	9	5	8	1

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

my boy
A special smile a special face
A special someone no one can replace I love you and always will You have filled a space no one could fill
FROM DAISY

Sunshine Aura
A, would like your presence sincerely calling out to you. Presently, at home, cozy and warm. Hope all is well with you and heading in the direction your fate is taking you. Google, myspace, facebook, youtube, ymail, etc. ;) Giggles! Will msg you back new digits with zest! To A from me!
FROM MOON BEAMS

My KyeKye
i love you, your amazing and make me very happy I am so thankful to have someone like you in my life <3 you mean a lot to me and I just thought you should know. xox <3
FROM SHAY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Although a lot of the time you don't take life too seriously, today something will strike you as of life or death importance. It isn't, so stop worrying.

♉ Taurus April 21-May 21 Anyone who doubts your ambition is about to learn just how tough a Taurus can be.

♊ Gemini May 22-June 21 You will need to trust someone else's judgment today.

♋ Cancer June 22-July 22 Don't do everything at the last minute.

♌ Leo July 23-Aug.23 You won't hesitate to throw your weight around a bit if you think it will bring you the things you desire.

♍ Virgo Aug. 24- Sept. 22 You must listen carefully to both sides of the story you are currently being told.

♎ Libra Sept. 23-Oct. 23 Seek out people who know how to get the best out of life, who know how to have fun.

♏ Scorpio Oct. 24-Nov. 22 No matter how far you may be behind in your schedule you can still get everything done that has to be done.

♐ Sagittarius Nov. 23-Dec. 21 You may think that nothing is beyond you and no doubt you are right

♑ Capricorn Dec. 22-Jan. 20 Your problem? You think too much!

♒ Aquarius Jan. 21-Feb. 18 Times are good and about to get even better and those who say you should be cautious must be ignored.

♓ Pisces Feb. 19-March 20. At some stage this week you are going to have to choose which is the more important to you: your private life or your career.

SALLY BROMPTON

AHN YOUNG-JOON/THE ASSOCIATED PRESS

Caption contest

MISHA JAPARIDZE/THE ASSOCIATED PRESS

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